archive.freeteknomusic.org

SHELTER - WHEN IN DOUBT CALL 311

The Salvation Army / Customer service - 1 (800) 725-2769

Shepherds of Good Hope - Ottawa - 233 Murray St, Ottawa, ON K1N 5M9 7am - 9pm (613) 789-8210 - This city has most homeless shelters located in the west end. The food is great, so are the people. Minutes walk to Le Gîte Ami de Gatineau Shelter in Quebec. **Salvation Army** - Hamilton - 94 York Blvd, Hamilton, ON L8R 1R6 24hrs (905) 527-1444 - Close proximity to Library / Mall, MakerSpace, make this a great place to get back into DIY. **Southridge** - 201 Glenridge Ave, St. Catharines, ON L2T 3J6 Open 24hrs, (905) 682-2477 - Mennonite facilities. Co-ed. - Three Strike rule on curfews, misconduct and other problems results in a lengthy ban. Within ½ hour walking distance to downtown where more shelters and community centres exist. **YWCA** - 6135 Culp St, Niagara Falls, ON L2G 2B6 (905) 357-9191 ext. 4025 - Women Only. New mens facility in Niagara area in proposal. **The Drop In Centre** - 23 Gordon St, Guelph, ON N1H 4G9 8am - 3pm, (519) 837-0080 - Minutes from downtown bus terminal. Relaxed vibe, good people, and calm setting. **House Of Friendship Charles Street Men's Hostel** - 63 Charles St E, Kitchener, ON N2G 2P3 Open 24hrs - (519) 742-8327 **Brock Mission** - Peterborough - 217 Murray St, Peterborough, ON K9H 2S7 Open 24hrs - (705) 748-4766 **Blue Door** - North York, East Gwillimbury, Ontario 18838 Hwy 11, Holland Landing, ON L9N 0C5 Open 24hrs - (905) 898-1015 **Unity Project** - 717 Dundas St, London, ON N5W 2Z4 Open 24hrs - (519) 433-8700 **Salvation Army** Wilkinson Road Shelter - 15 Wilkinson Rd, Brampton, ON L6T 4M3 (905) 452-1335 **Cawthra Shelter** - 2500 Cawthra Rd, Mississauga, ON L5A (905) 281-1272 **Crisis Centre North Bay** - 1651 Cassells St, North Bay, ON P1B 4C6 (705) 474-1031 **Safe Haven** - 608 Pine Street, Sault Ste. Marie MI 49783 906-635-5841 **Good Shepherd Food Bank**, Hamilton Phone - 1 (905) 972-9485

DRUGS DRUGS DRUGS ---------- WHICH ARE GOOD WHICH ARE BAD?

MEAI - NEW DESIGNER DRUG THAT MIMICS ECSTASY, STOPS ALCOHOL ABUSE
From a drug class similar to MDMA, this legal drug doesn't pack the same illegal high that ecstasy variants do and it has one side effect, it makes alcohol disgusting, plus it's made its way into energy drinks. I saved someone's life with it. **https://pacedrink.com/pages/faq**

ALPHA LIPOIC ACID - CURES LIVER DISEASE - EASILY OBTAINED
Alpha Lipoic Acid (ALA) is an antioxidant that powerfully reduces liver fibrosis associated with hepatitis (liver inflammation), can promote liver regeneration and can reverse liver cirrhosis (previously considered impossible). **https://tinyurl.com/yxu2ccbu**

SALVIA DIVINORUM - LEGALLY AVAILABLE - EASILY OBTAINED
This plant is in the same class as DXM and other dissociatives, such as NYQUIL, however it's natural status, it's non addictive qualities has kept this substance legal in many areas. Niagara Falls has commercial grade products in head shops.

L-TYROSINE - CURES MARIJUANA BURN OUT - EASILY OBTAINED
You can find this amino acid in energy drinks such as Rockstar, and you can find it on the shelf at most nutritional stores. It reverses burn out from smoking too much marijuana.

CHOLINE - NEUROPROTECTION - EASILY OBTAINED
Our brains are made from choline. In fact this substance is so necessary to the human diet candy bar manufacturers have started to put choline into chocolate bars.

TIANEPTINE - HELPS EASE OPIATE ADDICTION AND SUFFERING
Sold as prescription medication in France, it is legally obtained elsewhere and has neuro repair effects that are interesting to those suffering from opiod drug damage.
https://www.youtube.com/watch?v=QwpVYuQrlEA

SYNAPTOLEPIS KIRKII - AFRICAN TREE ROOT - UVUMA OMHLOPE
The emerging African, Indian and Chinese herbal markets have given new substances numbering the hundreds to thousands. **https://shop.tranceplants.net/**

RESEARCH CHEMICALS - LEGAL HIGHS
The verdict is out. We've spent time in a cold war, we've relived the great depression as the great recession, and now chemists everywhere have begun pumping out mind enhancing substances so fast that governments may in fact recognize the great prohibition for what it was. The greatest criminal act on human kind ever.
https://thethirdwave.co/legality-research-chemicals/

LITHIUM OROTATE - NOT YOUR FATHER'S LITHIUM
New and improved lithium that is available over the counter, has better blood brain barrier penetration and requires significantly less to achieve results. Regrows your brain thicker and fuller in as little as 4 weeks. Use sparingly. **en.wikipedia.org/wiki/Lithium_orotate**

GINKO BILOBA - GROWN ON TREES - SOLD IN STORES
This tree survived the hiroshima nuclear blast during world war II. It has antiviral effects.

Liposomal Tek, Surpassing the Blood Brain Barrier

People claim this is upto 10x as effective as injecting vitamin C directly into the bloodstream. I use this all the time and it has wondrous effects. Liposomal Tek can be applied to many different substances in order to get stuff over the blood brain barrier and into your brain. ***Directions:*** Combine Ingredients, Powder to Water First, Then Everything and Blend. ***Ingredients***: Two tablespoons ascorbic acid powder. Six tablespoons soy granules Three cups distilled water. Ultrasonic cleaner. ***Alternative ingredients (optional):*** Alcohol preservative. You may also do without the ultrasonic cleaner and use a blender only, resulting in less lipid penetration, sour solution.

Evolution of Vitamin C gene in humans and other animals Humans are among the only mammals on the planet who cannot make vitamin C from their livers. Reptiles make it in their kidneys. **ncbi.nlm.nih.gov/pmc/articles/PMC3145266/**

Gabærgics and Space Astronaut Consciousness

Falling asleep at the wheel was a problem for astronauts enduring G forces. It's as if they instantly went to sleep and rolled their eyes like a sleep-walker, zombie, or rapidly inducted, syncope. The problem with these substances is that they render you susceptible to temporary coma when mixed with alcohol attracting attention from the media as something worse than tranquilizers. From personal experience the hospital visit isn't that bad, and watching others flap around on the ground, all it takes is rolling them over on their side to avoid vomit choking them. It only takes one sip from a beer to reach coma status, but it truly matters on how much Gabaergic has been consumed, as yes, I have combined the two without fail. Good Luck!

AntiFreeze as FireRetardant (Retard == To Slow)

While you probably won't cease a burning fire, it slows down the rate at which something burns. One more reason to trust propylene glycol smoking products. Demand standards.

Mercury Amalgam Silver Fillings

The image to the left shows a mercury silver amalgam tooth that has been rubbed against a UV wavelength backdrop allowing one to see the nanoparticles cloud into smoke. The mercury substance is the most toxic non radioactive material known to man, while silver is renowned throughout history for it's superior electrics. Silver is known to cure people from many ailments in the colloidal form. Could these silver nanoparticles be responsible for neuro antibacterial health and could these mercury particles be responsible for your ailments? I had 20+, now I choose to keep only one.

Silver Colloidal is also known to kill elderly and long time users from toxication.

Smoking - House Slaves, Kobolds, and Cobalt

The German word for house slave was kobold, and that's accentuated from cobalt. Cobalt has unique radio absorption properties and is found in cigarette smoke, and is commonly found in B12 and D vitamins. Cobalt 59 is Natural, it absorbs thermal neutrons and becomes radioactive Cobalt 60.

Neuro Linguistic Programming - Hypnosis Verified

Yes, hypnosis is real, and yes, some hypnotists have no idea how it works, but perform the acts on others believing they are tapping into some secret terminator style mainframe. Key terms include:

Rapid Induction - Anchoring and Reframing

Leading and Pacing - Holographic Thinking

NEED INSPIRING? GO TRAVELLING!

DISCLAIMER: I HAVE NOT BEEN TO THESE AREAS NOR CAN I CONFIRM THEY EXIST.

See the Dolmens Yourself - Prepare to Spend Days

Quetico Provincial Park near the Boundary Waters Canoe Area. Start 109 km from the Canadian border (57 km SW of Thunder Bay on Highway 61), 37 km north of Tofte, Minnesota (County Rd. 2) at the Sawbill access point campground. This can be a day trip or overnight loop route. Paddle north along the Kelso River. Before Lajenida Lake, you'll see the dolmen on the eastern shoreline, 20 m from the waterline. Easy to miss. Locals claim the dolmen had runes (old Norse inscriptions)–now gone–carved into it.
WGS 84 15T E 656208 N 5309535 or N47° 55' 12.3" W90° 54' 32.8"

Start at Ignace. West on Hwy. 17 for 24 km to the Doreen Lake Rd., heading south to south east for 24 km. Turn ESE or left on to Moosehide Rd. Drive 2.5 km, cross a small bridge, go 2.0 km, south or right side to Devil's Gap Lake. Paddle south to the east shore (1 km) on the first lake (no name). Portage to the second no name lake, paddle SE to bay. Dolmen is close to the water's edge on the SE shore. (Great pictographs south Devil's Gap, west shore. Turtle River Provincial Park canoe route)
15 U 581575 5455282 or N49° 14'41.5" W91° 52' 45.1"

Three is near White River, west of Wawa; also a day trip. At the north end of town, just past the mill, turn west or left off of Highway 17. Cross the railway tracks and the White River bridge on the Domtar 600 Rd. , heading southwards. At 8.9 km there is a junction, turn south, then drive another 20.3 km from the junction. These are good logging roads. Access is on Soulier Lake, paddle to NE corner, through the wetland to the Pokei River (Topo 42 C6 – Pokei Lake). The dolmen stone is another 2 km, on the south side of the small river island. 16 U 625113 5360902 or N 48° 23 21.3" W85° 18' 38.3"

The truth about the dolmen stones rests with what you want to see, hear, and know; maybe we never want to know? The pursuit of finding other stones continues, along with the mystery.
http://www.steerto.com/?p=564

The Abandoned Million Dollar Mansion - OntarioAbandonedPlaces.com
As arson and vandalism continue to be an ongoing concern for owners of vacant properties, many in the exploration hobby have become more cautious of the information that they put out there on social media. It often takes only a couple of written words, a sign on the wall, or a background shot for others to find these places. If explorers can find them, so too can those who wish to vandalize them. Once vandalism begins, the owners of these buildings are alerted to the ability of people being able to enter their building however that may be. Plywood goes up and the window of opportunity for exploration closes albeit often temporarily. When we learned of this amazing mansion, we knew that we'd have to get on the ball and head out before it become a hotspot for activity. We hit the road by 8 AM and were there before noon. Unfortunately the first visit proved unsuccessful and a return visit was required. Little is known about this property except that the home has failed to sell in recent years. Most of the furniture remains left behind as do children's toys in a bedroom closet and electrical items throughout. In the dining room is a kitchen table and buffet with several ceramic canisters inside. We tried to find some of the background of this house and what, if anything, led to the family's departure and possible reason for the house not to be resold. Unfortunately we could only find a single reference to the former family - a phone number that allowed no incoming calls. **www.ontarioabandonedplaces.com**

Peterborough Petroglyphs

Canada's Hidden Ancient Past - Berry Fell - Bronze Age America
Before everyone when around vandalizing ancient stone works, this guy went around and preserved as many as he could. The real Indiana Jones. **youtube.com : tinyurl.com/y3swrjwc**

Toronto Officially Takes On Ghost Hotels
"With over 181,000 people on the waiting list for subsidized housing, and a rental vacancy rate of only one percent, the crisis is a critical point." **blogto.com : tinyurl.com/y4wd3qdu**

TENANT RIGHTS

DID YOU KNOW IT'S ABSOLUTELY LEGAL AND WITHIN A LANDLORDS RIGHT TO DEMAND YOU "GET OUT"?!?!

**They can bully you. They can threaten you.
They can even call the police.**

WHAT THEY CANNOT DO IS MAKE YOU LEAVE (WITHOUT EVICTION)

Once a document has been signed with the rental agreement information, they are legally bound to provide you shelter unless you break the law or you fail to pay rent. In fact, in the event an illegal eviction has occurred, the landlord may be liable to fines nearing $25,000.00!

The only person who can force you to leave a rental unit is the Sheriff and they can only remove you after a formal eviction notice has been served.

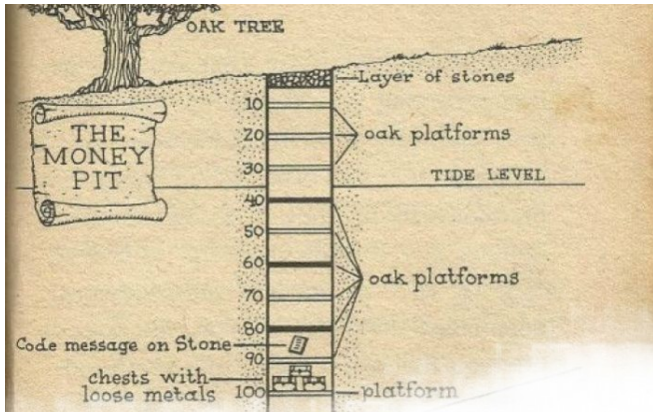
A landlord can be found liable for removing your property from a rental unit.

RENTAL HOUSING ENFORCEMENT UNIT
1-888-772-9277
http://www.mah.gov.on.ca/page142.aspx

PROMISE TO RENT FORM
https://tinyurl.com/y3cespon

ANCIENT ALIENS
NEW EPISODES, SUNDAYS
https://www.history.co.uk/shows/ancient-aliens/videos/nootropics

NOOTROPICS
A Google executive takes 100 nootropics a day to enhance his longevity.



THE CURSE OF OAK ISLAND
https://www.history.ca/shows/the-curse-of-oak-island/

SUNDAYS
Franklin D. Roosevelt former U.S. President was obsessed with Oak Island

Would you like to know more? http://www.asmrstudio.com